VANCOUVER metro®

Thursday, January 19, 2012
www.metronews.ca

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CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

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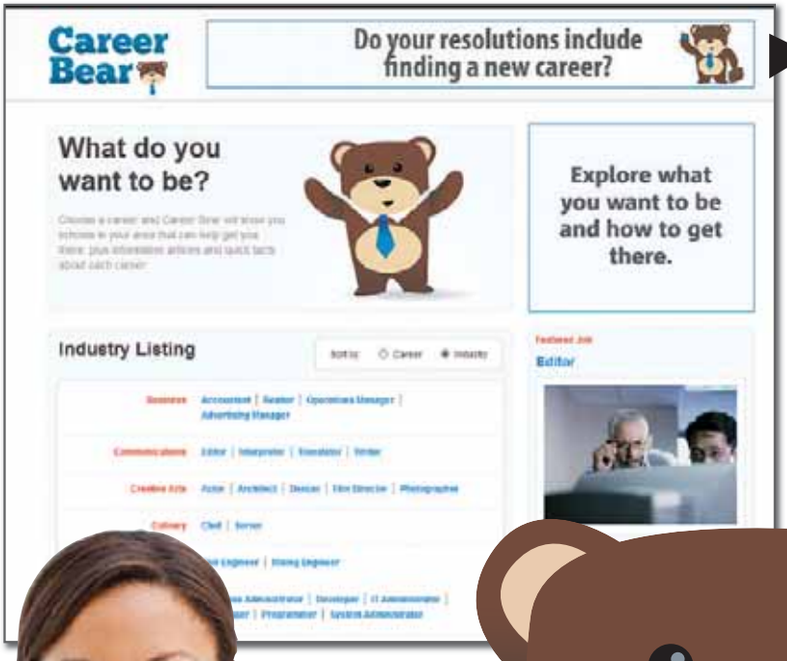
CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good and articles let you know more about the job and some of the required skills you may not have guessed.

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.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Industry Listing
Editor

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The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

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Check out our latest offer on page 16

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WIKIPEDIA LEADS PROTEST AGAINST U.S. ANTI-PIRACY BILLS {page 8}

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Weather.

▶ A pedestrian looks at icicles hanging from the branches of a tree in Vancouver on Wednesday.

DARRYL DYCK/THE CANADIAN PRESS

Deep freeze hits Vancouver

Cold weather has enveloped the Lower Mainland with Vancouverites dealing with temperatures 10 degrees below normal. See page 4 for our guide to surviving when things get brisk in Vancouver.

Home-field advantage

▶ Vancouver hosting CONCACAF women's Olympic qualifiers ▶ Canada takes on Haiti Thursday night in bid for one of two spots

DARRYL DYCK/THE CANADIAN PRESS

▶ Christine Sinclair

Want proof that women's soccer in this country is gaining exposure?

Just go to a Vancouver Canucks game.

Burnaby native Christine Sinclair — who captains Canada's national team as it kicks off CONCACAF Olympic qualifying Thursday at BC Place against Haiti — quickly learned that she can no longer just blend into a crowd.

"We went to the game and people actually knew who we were," Sinclair said. "It's exciting. (The awareness) is definitely growing. We don't get many opportunities to play home games, but with the qualifiers and Canada hosting the 2015 World Cup, it's on people's minds."

The game's popularity hit a new high last year with a thrilling women's World Cup tournament.

Despite the tournament captivating Canadian audiences, Sinclair and company crashed out of the competition with three losses in the group stage.

Led by new coach John Herdman, the team is trying to make amends at home by booking a ticket to the Olympics.

It's an opportunity that Sinclair, the nation's all-time highest scorer, with 120 goals, relishes.

"I'm very proud of what I've accomplished so far and how the national team has progressed since I've been here," said the 28-year-old. "But ideally, I want this team to get a medal in the World Cup or Olympics. As a team, we need to win something to solidify our place in history."

That's why she's taking the tournament in Vancouver so seriously, despite being surrounded by friends and family.

"When we got here, we got two days away from soccer, and I visited my family and friends," she said. "Since we've been back in camp, it's been strictly soccer and business. We need to stay focused."

The CONCACAF Olympic qualifying tournament features eight teams vying for just two spots to the 2012 Olympics.

The most anticipated matches are on Jan. 27, when the semifinals will determine which teams qualify for London. ● MATT KIELTYKA

Teams in tourney

- Canada
- United States
- Mexico
- Haiti
- Cuba
- Costa Rica
- Dominican Republic
- Guatemala

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Checking in on TransLink

The Lower Mainland's mayors want the incoming municipal auditor general to be able to audit TransLink.

The transportation authority's Mayors' Council met Wednesday and restated its desire to have an independent audit into TransLink.

Burnaby Mayor Derek Corrigan believes an audit is timely given TransLink's plans to increase fares and the continued installation of fare gate at SkyTrain stations.

But the provincial auditor general has told the mayors it doesn't have the power to audit the corporation, so Corrigan hopes the new auditor general for local government can.

MATT KIELTYKA

Bountiful gets new prosecutor

A new special prosecutor has been appointed to look into allegations involving the polygamous community of Bountiful, but his mandate doesn't include considering charges related to multiple marriages.

Instead, Peter Wilson will look into possible offences involving the movement of teen brides across the U.S. border to marry much older men.

THE CANADIAN PRESS

PHYLICIA TORREVILLAS/METRO

▶ Matthew Huszar's father, Rod, his younger sister, Rachael, and his mother, Danny, are offering a $10,000 reward for information on his whereabouts.

Matthew Huszar's family offers reward

- 25-year-old went missing Dec. 16 after leaving the Lamplighter Pub
- His sister says it's unlike her brother to just disappear

PHYLICIA TORREVILLAS
@METRONEWS.CA

The family of Matthew Huszar is offering a $10,000 reward for any information on his whereabouts.

Relatives and friends made the announcement Wednesday morning outside the Gastown bar where he was last seen.

Huszar, 25, went missing on Dec. 16 after leaving the Lamplighter Pub.

Matthew's mom, Danny, said they are "frustrated and frightened" by the lack of information.

"I think the hardest part is just not knowing, just not having information," she said, adding that a number of tips and possible sightings have led to nothing. "It just seems very bizarre that a person can disappear on the streets of Vancouver and no one has seen or heard anything.

"He was learning to sail

"I'm afraid that he's hurt and he can't come home, because I know he would come home."

RACHAEL HUSZAR, SISTER

.... This last summer he purchased a 49-foot sailboat that was built in the 1950s and he was working on restoring it to cruise the Gulf Islands," she said while holding back tears. "He had a dream of someday sailing around the world."

His younger sister Rachael said it's unlike her brother to just disappear because he always lets their mom know what he's up to.

"I just want to know that he's safe," she said. "I'm afraid that he's hurt and he can't come home, because I know he would come home."

1 news

More smartphones are wielding video call technology, and it turns out a lot of us hate it. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Investment adviser Allan Small has a few questions investors should ask about the state of the market in 2012. More at metronews.ca/investing

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How to survive winter in Vancouver

Bone-chilling weather in city continues Expected to stay a couple days Here are five ways to heat up the cold

JENNIFER KWOK
VANCOUVER@METRONEWS.CA

With temperatures in the Lower Mainland dipping down to a brisk -7 C, things are definitely getting chilly on the West Coast.

Be thankful it's not Prince George, where temperatures reached -30 C Wednesday. The Arctic cold is expected to continue to keep the temperatures low for the next couple of days.

With that in mind, here are five ideas to help you survive winter in the land of summer tires and snow umbrellas.

Hot chocolate:
Duck out of the cold and sample more than 50 different flavours of hot chocolate as you hop between 15 venues participating in the second annual Vancouver Hot Chocolate Festival, which runs until Feb. 14. Visit cityfood.com/events/hot chocolate.

MATT CARDY/GETTY IMAGES

Hot yoga:
There is nothing like being in a steamy room with yogis wearing sweaty lululemon pants to scare the cold right out of you.

It's what the city is known for. Winter is dark and gloomy. Relax and rest your mind. Breathe. Thaw.

PAULA BRONSTEIN/GETTY IMAGES

Burning Bruins:
Time to do some early cleaning in time for the Lunar New Year.

Light up a bonfire with Boston Bruins-related gear and huddle around to keep warm and to unfreeze those frozen Stanley Cup tears.

JEFF HODSON/METRO FILE

Jump on transit:
It takes forever (well, minutes) to warm up the car, so you might as well take transit.

Snuggle up with your neighbours to get body heat flowing. The odour is a small price to pay for warmth.

JENNIFER GAUTHIER/METRO FILES

Studs on bikes:
Take advantage of the city's almost deserted separated bike lanes by equipping your cycle with some metal studs.

Hold on tight and enjoy the chilly ride.

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As the price of gold reached a record high, the Better Business Bureau warned sellers across B.C. to beware of scammers hoping to rip off people cashing in. Prices for the precious metal have soared over $1,700 an ounce, and BBB President Lynda Pasacreta says that she's seen a corresponding increase in people falling victim to unscrupulous buyers. *"We've noticed that, especially in the online world, people are sending in their gold, and then they're either being disappointed with the price they're being quoted or they're not hearing anything -- [the gold] just kind of disappears,"* she told CTV News. *"The BBB is currently handling 19 complaints against a single gold-buying company in mainland B.C."* There are no complaints about J&M. We are well known to pay the best prices in town.

See the CTV interview online at:
http://www.bullioncoinsandbars.com/article-2011-08-09-bbb.htm

See the Global TV BC segment on record gold prices, including a visit to J&M's Vancouver store at:
http://www.bullioncoinsandbars.com/article-2011-07-18-record.htm

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer

Item/Description	They Pay	J&M Pays
10kt scrap gold, per gram	$17.20	$18.44
14kt scrap gold, per gram	$24.00	$25.90
1 oz. Recognized Gold Bar	$1,583.00	$1,741.33
1 oz. Gold Maple Leaf Coin	$1,670.00	$1,752.20
Sterling Silver, per Gram	$0.58	$0.76
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.70	$17.31

Gold Coins and Bars

1 oz. modern, sealed bars	$1,741.33
1 oz gold Maple Leaf	$1,752.20
1 oz. Krugerrand	$1,694.83
Sovereign	$396.91

Silver Coins and Bars

1 oz. silver bar	$33.43
10 oz. silver bar	$337.44
100 oz. silver bar	$3,283.10
1 oz. silver Maple Leaf	$33.79

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$10.56
Canada 1967	$13.49
Canada 1966 and earlier	$17.31
USA 1964 and older	$21.01

Scrap Gold *Per gram*

10kt	$18.44
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Prices in this ad based on gold @ U$1,713.62 and silver @ U$32.065 and a USD/CAD exchange rate of 1.0241 on December 9, 2011, the day this ad was created.

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Locally made HIV strategy brings new hope

In B.C., the 'treatment as prevention' reduced AIDS mortality rates by 85 per cent Effort was named in top-10 medical breakthroughs of 2012 by Time

KENDRA WONG
VANCOUVER@METRONEWS.CA

A locally developed HIV treatment has been named the 2011 breakthrough of the year by Science Magazine.

The "treatment as prevention" strategy, pioneered by the B.C. Centre for Excellence in HIV-AIDS, involves widespread testing and use of anti-HIV drugs known as highly active antiretroviral therapy (HAART) to thwart the virus in HIV-positive patients.

Research has shown that HAART reduces the likelihood of HIV transmission by 95 per cent.

"No other strategy has been able to give us a means to control HIV that comes even close to treatment as prevention," said Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS. "It is highly effective, but at the same time it stops people from dying, stops people from getting sick and stops people from going to the hospital."

According to Montaner, the statistics speak for themselves.

In B.C. between 1996 and 1998, there was an 85 per cent reduction in mortality rates among people engaged in the treatment and a 40 per cent decrease in the number of new infections. It was also 90 per cent more effective at stopping the transmission of HIV among injection drug users.

The strategy was also named the medical breakthrough of 2012 by Reader's Digest and recognized as one of the top-10 medical breakthroughs by Time Magazine.

China has implemented a national HIV-AIDS policy based on B.C.'s strategy. Local health authorities in San Francisco, the Bronx and Washington are evaluating similar programs.

But Montaner expressed frustration with the Canadian government's lack of support for the program.

"We're very disappointed that the Public Health Agency of Canada, the minister of health or the prime minister himself haven't been willing to seriously consider this strategy for Canada," he said.

JENNIFER GAUTHIER/METRO FILE

▶ Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS.

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Shooting death described as 'targeted, gang-related'

PHYLICIA TORREVILLAS/METRO

▶ Vancouver's first homicide of 2012 happened inside Bar One restaurant at the Sheraton Wall Centre.

A man gunned down inside the Sheraton Wall Centre Tuesday night was an alleged longtime gangster, according to reports.

The man, who has been named by various media outlets as Sandip Duhre, was shot around 8:45 p.m. at the Bar One restaurant located inside the posh hotel complex in the 1000-block of Burrard Street.

This marked Vancouver's first homicide of 2012.

VPD spokesperson Const. Lindsey Houghton did not confirm the victim's identity, but says he is believed to be in his 20s.

"It's unclear what may have been the motive in this incident, but it does have all the hallmarks of a targeted, gang-related shooting," Houghton said.

"The restaurant wasn't full but there were dozens of people in the area at the time if you include patrons and staff," he added. "This is an unacceptable, brazen shooting that puts innocent people at risk."

Houghton said the victim, who was shot multiple times, was dining alone and the shooter was inside the restaurant.

PHYLICIA TORREVILLAS

Drug court celebrates milestone

Allan Plante was a drug user for 35 years. He lived on the streets of the Downtown Eastside doing anything to get his next drug fix.

"I was 165 pounds, gaunt, I had no teeth, I had no smile, I was destitute," said Plante.

Two years and 236 hours of therapy later, Plante graduated from the Vancouver Drug Treatment Court of Vancouver in 2006 — one of six drug-rehabilitation programs across Canada for people accused of non-violent, drug-related crimes. The controversial program celebrated its 10-year anniversary Wednesday by honouring 196 people who have graduated since 2001.

"Each of the people named on our honour roll of graduates has faced challenges that we would all find daunting," said Minister of Public Safety Shirley Bond. "But they persevered and turned their lives around."

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The day the web got a black eye

Websites go dark in support of Wikipedia's protest
U.S. legislation called threat to Internet freedom

Jan. 18 is a date that will live in ignorance. Wikipedia was black.

The online encyclopedia launched a 24-hour blackout of its English-language articles in a protest against pending U.S. legislation aimed at shutting down sites that share pirated movies and other content.

Other sites joined in:

Reddit.com shut down its social news service for 12 hours.

Google blacked out the logo on its home page, directing surfers to a page where they could add their names to a petition against the bills.

Craigslist changed its local home pages to a black screen directing users to an anti-legislation page.

ERIC RISBERG/THE ASSOCIATED PRESS

▶ A blacked-out page is displayed in Wikipedia's San Francisco "war room."

After 10 seconds, a link to the main site appeared on the home page, but some surfers missed that and were fooled into thinking the whole site was blacked out.

The Internet companies were protesting over the Stop Online Piracy Act in the U.S. House and the Protect Intellectual Property Act under consideration in the Senate.

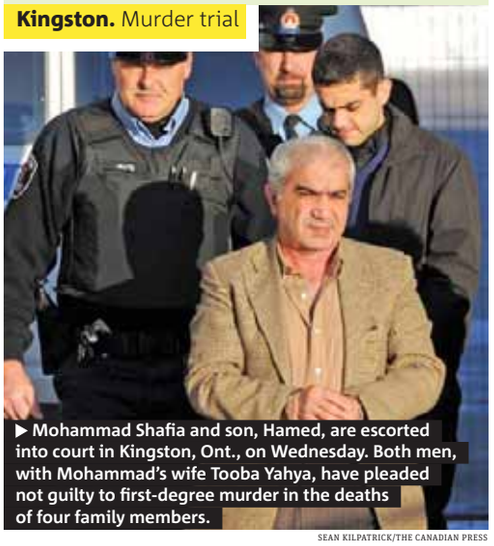
If passed, the bills could be used to target legitimate sites where users share content.

Wikipedia's decision was reached after polling its community of contributors.

But dissenters say political advocacy undermines the site's mission as a neutral source.

THE ASSOCIATED PRESS

Kingston. Murder trial



▶ Mohammad Shafia and son, Hamed, are escorted into court in Kingston, Ont., on Wednesday. Both men, with Mohammad's wife Tooba Yahya, have pleaded not guilty to first-degree murder in the deaths of four family members.

SEAN KILPATRICK/THE CANADIAN PRESS

A curse or just a cuss?

The so-called honour-killing trial on Wednesday got a lesson ... in swearing. Mohammad Shafia, accused of killing his daughters, was caught on police wiretaps saying: "May the devil (defecate) on their graves." But linguistic expert Nabi Misdaq testified that the expression in the Dari language is comparable in English to "To hell with them."

General: We know how to keep a secret

Canada's top military commander is trying to scrub away the tarnish created by a spy case involving a naval intelligence officer.

Gen. Walt Natynczyk says everyone handling secrets is required to observe stringent procedures and conduct themselves ethically.

Sub-Lt. Jeffrey Paul Delisle is charged with communicating information to a foreign entity without authorization.

THE CANADIAN PRESS

MacKay mum

▶ It has been suggested that Sub.-Lt. Jeffrey Delisle was spying for Russia — something Defence Minister Peter MacKay refuses to confirm or deny.

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News in brief

Crown: Nortel execs scammed knowingly

Lead prosecutor Robert Hubbard said Wednesday that former Nortel chief executive Frank Dunn, finance chief Douglas Beatty and controller Michael Gollogly falsified Nortel's financial statements to show a return to profitability in 2003, even though the company was still in the red. The three have pleaded not guilty.
THE CANADIAN PRESS

European crisis affecting Canada: BoC

The Bank of Canada called Europe the biggest threat to Canada's economy Wednesday, estimating the loss in output this year will be about $10 billion. Governor Mark Carney said the cost will be much steeper if the continent cannot stem its debt crisis. THE CANADIAN PRESS

U.S. rejects Keystone

State Department says decision hinged on lack of time for proper assessments Republican presidential hopefuls slam announcement

Trapped by an untenable Feb. 21 deadline imposed by Congress, U.S. President Barack Obama rejected TransCanada's proposed $7-billion Keystone XL pipeline on Wednesday in a decision his Canadian counterpart greeted with "profound disappointment."

Obama called Prime Minister Stephen Harper on Wednesday to break the news, but also to point out that TransCanada was free to submit an amended application — one that would reroute the Alberta-to-Texas pipeline around an environmentally sensitive aquifer in Nebraska.

"Prime Minister Harper expressed his profound disappointment with the news. He indicated to President Obama that he hoped that this project would continue given the significant contribution it would make to jobs and economic growth both in Canada and the United States of America," Harper spokesman Andrew MacDougall said.

Indeed, Keystone XL is likely more delayed than dead: the move essentially allows the White House to take back control of the approval process after Republican lawmakers attempted to force Obama into greenlighting the politically charged project in late December.

TransCanada was not surprised by the announcement, and quickly confirmed plans to submit an amended proposal.
THE ASSOCIATED PRESS

EVAN VUCCI/THE ASSOCIATED PRESS

▶ Demonstrators march with a replica of a pipeline during a protest against the Keystone XL pipeline outside the White House on Nov. 6, 2011, in Washington.

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

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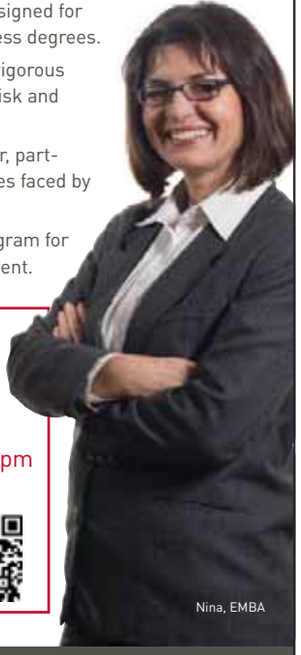
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TORIES' NOSES MAY BE A LITTLE OUT OF JOINT

HE SAYS ...

JOHN MAZEROLLE
METRO

The Liberal Party has gone to pot — and I like it.

The Grits, their popularity up in smoke, have decided to nip the problem in the bud by legalizing marijuana.

There. Now that I've got every marijuana pun out of the way, I can say that the Liberals' recent decision to add pot decriminalization to its platform is a rare instance when political expediency collides with common sense.

Yeah, the Liberals are Canada's longest-running situation comedy, and need to do something to win back their dwindling audience. But if that desperation leads to an actual common-sense revolution where the War on Drugs is seen as Reefer Madness, then smoke 'em if you got 'em, because I'm in.

I don't even like pot — the smell makes me queasy — but I know the decades-long battle to teach kids about the dangers of drugs is a colossal failure. How? Because I was a kid.

"... in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?"

When I was young, all the Nancy Reagan, very-special-Blossom, this-is-your-brain-on-drugs propaganda led me to believe that smoking a joint was on par, health-wise, with enjoying a glass of anti-freeze.

Then I got to junior high and noted with interest that pot-smoking classmates appeared to be fine, save for an apparent inability to comb their hair.

At this point the War on Drugs was useless, because I no longer trusted anything else I had "learned." To this day I have no idea what the relative danger of, say, cocaine actually is. (If it were as dangerous as I was told, you'd notice the crowd thinning over the course of the Oscars.)

Drug education is a lot like those sex-ed classes where they never let on that sex might feel as good as a satisfying sneeze. As you watch a different teacher each year awkwardly describe sex as if it were Basic Tent Assembly, it finally dawns on you: "They're holding back on something *amazing*."

With both sex and drugs, the powers-that-be are withholding the full truth from kids when they need adults' guidance most. That's nothing short of irresponsible.

So, if any kids are reading this, tell your friends: Criminal charges aside, pot looks kind of fun.

I've seen angry, puking, bawling alcohol drinkers pretty much every week of my life, but in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?

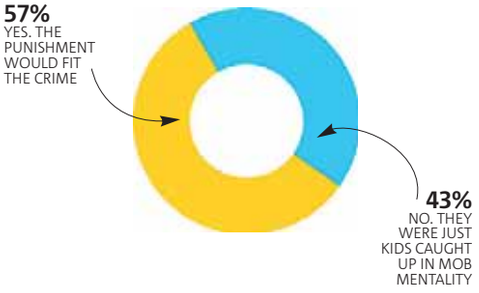
And let's not forget that the Conservatives are planning to make our marijuana laws even tougher. On the slim chance that they ask you if you agree with their approach, remember your training, kids.

Just say no.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Should Stanley Cup rioters be sentenced to jail time?



Local tweets

- **@hopesolo:** Saved by our instant yoga session. Was about to walk to starbucks when all hell broke loose in the lobby of our hotel! Life is precious...
- **@karalang15:** Great chat w/ #CANwnt coach Herdman this am. Off to talk to some USwnt players. Can feel the anticipation in the air here in Van #Concacaf
- **@geroysimon:** Someone turn the Sun up! This winter cold and snow stuff is for the birds!
- **@tsnjamesduthie:** Milan Lucic (laughing) on Chara as All-Star captain: "I'm pretty sure there won't be any Canucks on Z's team."
- **@ArtemChubarov:** "Chara hates the Canucks with a fire hotter than the three suns that heat his home planet." - @HarrisonMooney #gold
- **@angusreid64:** Nothing like deciding last minute to go to the Canucks game. 3 people, NO tickets, 1 Grey Cup, LOL get taken right to the suites - the best!
- **@WestCoastWass:** Debunked myth: "Winters in Vancouver are warm." pic.

Daily Zoom

GUY TAL

Deep purple

Desert becomes magic carpet

MOJAVE DESERT, UTAH. Every five years or so, this isolated expanse of Utah desert is magically transformed into a meadow of purple wildflowers. Scorpionweed carpets this section of the Utah badlands only when there's a rare combination of winter rainfall and sunshine within a narrow time frame. MWN

"Five years after conceiving the image, I was at last able to capture it. I had the dramatic backdrop of a thunderstorm — an especially rare event in these parts."
GUY TAL, PHOTOGRAPHER

Scorpionweed

- **It has this name for a reason.** Its flowerhead looks like a scorpion's tail and it leaves a nasty rash when touched.
- **How the photographer saw it.** "Each day the patchwork of colours shifted from purple to yellow and changed until, just a couple of short weeks later, the place was again barren."

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DAVID COOPER/ARTS CLUB THEATRE COMPANY

▶ Kerry Sandomirsky, left, Linda Quibell, Jane Noble, Anna Galvin, Wendy Noel, Shirley Broderick in the Arts Club Theatre Company's production of Calendar Girls.

Mark it on your Calendar

The Arts Club presents the comedy Calendar Girls ◐ Playing at Stanley Industrial Alliance

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Some people think older folks baring their bits is gross. For example, the producers of the 2003 British comedy Calendar Girls, which grossed nearly $100-million at the box office on a comparatively paltry $10-million budget.

That's a ton of bums … in seats.

Plenty of skin on screen too — and soon calendar enthusiasts of all ages can check out the Arts Club production at the Stanley Industrial Alliance Stage.

It's based on a — wait for it — revealing true story. In a nutshell: middle-aged Annie loses her husband to cancer and best friend Chris hatches a crazy plan to raise money for research. And it's not baking cookies. But there's a wrinkle in the plot: how to convince the tea-totaling frumps down at the Women's Institute to gear down for a cause?

Comedy ensues. But, as director Rachel Ditor explains, it's not just fun and games.

"I love all the aspects of celebration in this story," she says. "It's a celebration of community, friendship, risk taking and beauty, and the credit it gives to people who have suffered loss and find the courage to reach out to others."

Here's the best part: the real-life Calendar Girls have produced 10 calendars since 2000, raising more than $6-million to fight blood cancers.

Now that's a figure we should all take our hats (and whatever else) off too.

The Arts Club production stars Shirley Broderick, Anna Galvin, Aslam Husain, Shawn Macdonald, David Marr, Jane Noble, Wendy Noel, Lisa Norton, Linda Quibell, Kerry Sandomirsky and Colleen Winton.

Calendar Girls opens Jan. 26 and runs until Feb. 26 at the aforementioned Stanley Industrial Alliance Stage (2750 Granville St.). Ticket $29 to $65.

More information at artsclub.com.

Events

What else is going on?

▶ **The Chad** OK, so it's easy to hate on Nickelback. But I have vowed to hop off that bandwagon. Why? I've actually seen them play live. Formulaic? Arguably. But also a ton of fun. Clinical musicians, too. Check them out June 26 at Roger's Arena, with guests Bush, Seether and My Darkest Days. Tickets on sale Saturday at 10 a.m. through Ticketmaster.

2 scene

Ladies Love

After seven years with a no-host format, the Grammys will have an emcee — LL Cool J. The Grammy-winning rapper says his hosting duties are a dream come true.

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Jessica Alba keeps it 'Honest' with e-commerce business selling eco-friendly family products.

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You're looking so Kate!

Oh no: Yet another article about getting fit for 2012 But, wait: This one stars trainer Ramona Braganza, who got Kate Beckinsale ready for Underworld: Awakening Pull those sweatpants out of your closet

GETTY IMAGES/METRO WORLD NEWS

1. Visualize the 'new you'

The first step is to set your goal and "see" it. Braganza recommends a literal visualization. "Hang up your favourite pair of skinny jeans so that it's visible to you first thing in the morning," she says.

"Never hide your body, that's just denial. Use a bathing suit as a visual motivator to remind yourself that a bikini-ready body isn't only for beach holidays. And you have to make a choice: either you eat chocolate all day and risk to gain weight, or have a small square a day you and look great."

TIP: Although the skinny jeans trick works, don't buy 14 pairs that are too small.

2. Work out who you are

Your personality will determine what physical activities you'll enjoy.

If you're sedentary and prefer easy-going rather than strenuous workouts, start by learning some easy moves such as sit-ups against the wall, or light stretches that you can gradually build into yoga sequences," says Braganza.

"Faster paced people often feel the need to release energy and tend to gravitate toward more aggressive activities such as kickboxing."

TIP: Get to know your body: take an anatomy or nutrition class.

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3. Fill your fridge with good things

"Holiday season aside, neither your diet nor your weight should fluctuate throughout the year and lighter options such as lean meats, fruit and vegetables should never be replaced by rich foods," says Braganza.

"Opt for something filling such as pulses, grains and soups and try and eating a small meal every two to three hours."

TIP: Indulge in your favourite foods up to three times a week. This will avoid small cravings from spiraling into uncontrollable binges.

SQUAT JUMPS ON TO A PLATFORM

- This pliometric move is terrific to raise heart rate, burn fat and build a nice butt. Begin standing in front of a step or a small riser. Place your feet hip width apart, bend your knees and sink your hips down into a small squat. Spring up and land with your feet hip width apart on the step, absorbing the impact by sinking back down into a squat. Then spring back and down. Repeat 10 times.

LUNGE FORWARD THEN BACKWARD

- Here's a move to define glutes and legs, both very visible body parts in tight leggings. Begin standing tall feet hip width apart and place your hands on your hips. Take a giant step forward with your right leg and land in a lunge. Balance momentarily. Push off the foot to bring your right leg back passing through centre and then landing in a rear lunge with the right leg. Continue forward and back for 10 reps then repeat other side.

SHOULDER PUSHUPS

- This move is just like a pushup but instead of remaining in a plank position, begin in a pike position and take all the weight onto your arms and shoulders. Keep your head looking down at to the ground and aim the top of the head into the floor. Push up and away from the floor for 10 reps.

PLANK

- This is great for pulling in your tummy and giving you that small waist look. For a twist: At the top of a pushup position, rest on your forearms and drop your right hip towards the floor. Raise back up then drop your left hip towards the floor. Do 10 reps on alternate sides. ROMINA McGUINNESS

"Hang up your favourite pair of skinny jeans so it's visible first thing in the morning."
BRAGANZA

Buffy's back

Sarah Michelle Gellar talks about returning to work after being a stay-at-home mom for two years

NED EHRBAR
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METRO WORLD NEWS IN HOLLYWOOD

GETTY IMAGES

▶ Sarah Michelle Gellar stars in the TV series Ringer.

Sarah Michelle Gellar made her name in television — with seven seasons of Buffy the Vampire Slayer — before heading to film and then bowing out of entertainment entirely to start a family. Now she's back on small screen with Ringer, and it's a move she's been considering for some time.

"I realized at a certain point that you have to dip your feet back in or it gets really scary," she says. "The longer you wait to go back in the harder I think it gets, just emotionally to go back. I hear stories from people that go back to work when their children are younger and they think that transition's then a little bit easier because it's all they've ever known, but I have known being at home for two years — almost two years — that it gets harder when you don't quite understand how it's all going to work, how you manage both lives."

Gellar explains that the idea of taking film jobs and heading off to locations was no longer an option for her. "I have a young child and I took time off when she was born, and that was the first time pretty much in my entire life that I had taken time off and I couldn't believe how happy I was and how satisfied that I was," says Gellar, who has a daughter with husband Freddie Prinze Jr. "Being a parent is so important to me, and I just couldn't be the parent that goes from country to country and leaves their child or schleps their child. It just wasn't the life that I wanted for my family." Gellar is quick to add, though, that she's not judging any other actress' parenting decisions.

On Ringer, Gellar pulls double duty as twin sisters Bridget — a recovering addict and ex-stripper — and Siobhan, a wealthy socialite who goes missing after going overboard on a boat trip. Plenty of complications ensue as Bridget poses as Siobhan while on the run from the mob.

Of course, the other major draw of television brings Gellar back to being a parent. "I realized, 'Wait a second, I can be somewhere the entire year, I can [be there] when I need to take my child for the first day of school,'" she says.

"Two weeks ago, my daughter was very sick and I got to go home and be with her and we were able to work around it so that I could be there when she needed me. As soon as she was getting better I could come back, and that's just not a lifestyle that's really offered anywhere else."

A new view on Chelsea

Chelsea Handler's new sitcom has her playing her sister

AMBER RAY
SCENE@METRONEWS.CA

In Are You There, Chelsea? — the new sitcom based on Chelsea Handler's best-selling books — Laura Prepon plays Chelsea Handler and Chelsea Handler plays her sister Sloan. In real life, she isn't actually named Sloan — but that was changed, the comedian says, "for legal reasons, so that my own family can't sue me." Got that?

"I've been living this life for a long time, and I'm over myself. And it's a pleasure to play my sister, because everything I've been accusing her of my whole life, I can now re-enact before her eyes. She's thrilled, surprisingly," Handler said while promoting the sitcom at the Television Critics Association press tour in Pasadena, Calif., last week. "But, yeah. It's a lot more fun for me to play her than it would be to play myself. It's a lot more challenging anyway."

"Challenging" is a good word to describe the sitcom and its place on broadcast television — like most of Handler's material, the pilot is heavy on raunchy sex jokes and references to drinking.

The title of the show, in fact, used to be Are You There, Vodka? "Well, some people like tequila, you know. Some people like beer. Not everybody likes vodka," Prepon joked about the title change.

GETTY IMAGES

▶ Chelsea Handler

How real-to-life is Chelsea?

"I was probably angrier than she is in the show, which we thought wasn't palatable," Handler said of sitcom's Chelsea. "I went through my 20s in a way that not a lot of people do. I kind of barreled through them with no rhyme or reason or repercussions for anything. And there's definitely an essence of that."

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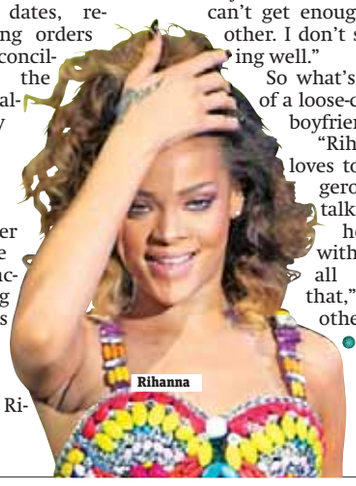
RiRi 'hooking up' with Chris Brown?

It's been nearly three years since Chris Brown's infamous assault of girlfriend Rihanna, and after all the court dates, restraining orders and reconciliation, the two allegedly have been getting together on the sly, according to Us Weekly. Brown and Rihanna "meet up very casually," a source says.

"She comes to see him anytime she's in L.A. They can't get enough of each other. I don't see it ending well."

So what's the draw of a loose-cannon exboyfriend?

"Rihanna loves to live dangerously, and talking to and hooking up with Chris is all part of that," says another source. METRO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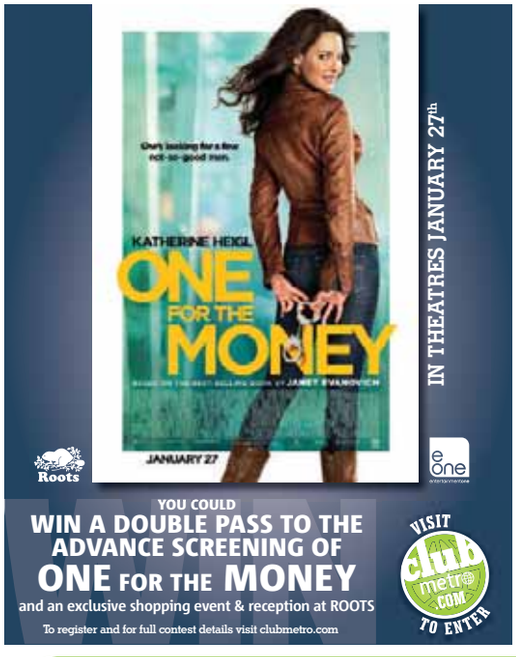
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OK there Marky Mark, calm down

Wahlberg claims he would have landed 9-11 plane, if he were on flight

It looks like Mark Wahlberg has spent a little too much time talking tough on movie sets. In an interview with Men's Journal, the actor claims that if he was onboard a hijacked plane on Sept. 11, things would have ended differently.

(Before we get started, some fun facts about Mark Wahlberg: He's 5-8 and doesn't have a pilot's license.)

"If I was on that plane with my kids, it wouldn't have went down like it did," says the actor, who had purchased a ticket for one of the planes that crashed into the World Trade Center but changed his travel plans.

"There would have been a lot of blood in that first-class cabin and then me saying, 'OK, we're going to land somewhere safely, don't worry.'"

Oh, Mark. In the real world, saying heroic things in a Southie Boston accent doesn't magically kill the bad guys.

MONICA WEYMOUTH; DOROTHY ROBINSON WILL RETURN TOMORROW

ALL PHOTOS GETTY IMAGES

Mark Wahlberg

Depp's situation 'so sad'

While they've lived happily for more than a decade away from the spotlight in France, Johnny Depp and Vanessa Paradis' relationship is reportedly "all but officially finished," multiple sources tell People magazine.

A main reason for that, the sources say, is location, as the couple — parents to children Lily-Rose, 12, and Jack, 9 — has been residing in Los Angeles more and more often.

Johnny Depp

Some close to Depp and Paradis claim the couple has already split up.

"It's so sad," a source says. METRO

Lohan a high-end hooker?

Lindsay Lohan is facing yet another lawsuit, but chances are she's not too concerned about this one.

Thomas Green, a former Marine, is suing the actress for $300,000 for "unfair business practices," claiming that Lohan led him to believe she'd help him with an online business he wanted to start, according to TMZ.

The site refers to Green's filing as "12 pages of incomplete, incoherent gibberish."

In it, Green speculates that Lohan is a high-end prostitute. METRO

Lindsay Lohan

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The long and the short of it

Just because we're knee-deep in winter, doesn't mean we have to resign ourselves to heavy jeans and corduroys Take your fave maxi skirt from the summer, pair it with a shrunken sweater and throw on some woolly tights and boots It's your new chic-and-cosy, cold-weather look

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$85, madewell.com

REBECCA TAYLOR
runway pullover
$350, rebeccataylor.com

ADAM LONG
Long-silk-chiffon skirt
$295, shopadam.com

Hanneli Mustaparta expertly nailing the look in New York.

MWN

3 life

Style pick

The bright pack
It's tangerine, made from PVC and waterproof. And no, it's not high-vis workman's wear or a niche, fetish trend. It is, however, a Comme des Garçons' courier bag that gives two fingers to the January depression, while offering all the practicality of some dreadful, conference-freebie satchel. This sunny number will last you through the winter and it'll still be on trend come summer.

MWN

COMME DES GARÇONS SHIRT MEN'S PVC COURIER BAG
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Adrien Brody leads a cast of actor-models in Prada's menswear show.

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: **2012 is the Year of the Dragon. Dragons are unafraid of challenges + like to take risks. What's the gutsy-est fashion move you've ever made?**

- **@chrisjallaire:** Wearing fur in my small hometown. Death wish (but yet I live!)
- **@qualityslippers:** When I was sixteen I wore a unitard to a Sex Pistols concert.
- **@talakamea:** Enrolled in the MA Fashion prgrm @RyersonFashion. Gonna be 1 of the first prgrm grads! My research: the sound of clothing.
- **@AgendaLV:** A top hat with Harley boots.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

In one of my gutsy get-ups...as Pierot, to promote Fashion Cares in 2002. Costume by Izzy Camilleri.

Brightening up for spring

Karl Lohnes checks out the latest trends from CB2 Help your home decor beat the winter blahs

DESIGN CENTRE

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From runway to home fashions there is one thing for sure this spring; colour is on its way! Bright and cheery, they are being used not only on small accessories, but on furnishings, lamps and flooring also.

Three of the hippest colours you'll see at CB2 are turquoise, orange and lime. When used as shots of colour you can add a wake-up colour punch to any room.

Punchy furniture: Adding colourful fabric to a headboard, chair or ottoman is a great way to inject not only colour, but pattern into a room. Just one piece can inject giant personality to a room so be judicious as to how much you add.

If reupholstering furniture then spend good bucks to have it done right; not only will the fabric be admired but so will the workmanship.

Colourful lighting: Whether it be a boldly coloured lampshade or a base, the best accessory this season is a coloured lamp.

Don't want to get rid of your current lamps? Try recovering the existing lampshade with a trendy-coloured wallpaper or fabric for fun.

Bold flooring

From pattern to plain, carpeting for spring is about creating a statement.

- **Simple bold shapes** and bursts of colour seem to be everywhere, but I like a simpler approach to colour by keeping the pattern plain.
- **A colourful rug** in the bath or beside the bed can help to wake up a room.
- **Use floor tiles** to mix and match your colours while keeping it very affordable.
- **Tip:** trends should be bought and easily replaced when new ones come around.

CB2

▶ Just a few colour-trend pieces can help wake up a neutral room. Parlour Bold Chair, $899, CB2.

The Hancock Bookcase (shown in Clover, $229) adds simple modern flair to any room.

CB2

▶ Canada's first CB2 store opens Saturday in Toronto.

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Get more from your floor

As we're in snow boots and slush season, entryway floors will take a beating Give this area some tough love so it's functional but still fun

DIY IDEAS

The spot where we enter our homes — and welcome guests — can be a tricky one to decorate.

It's meant to be a showcase, expressing our style and setting the tone for a visitor's stay. But the floor must withstand dripping umbrellas, muddy shoes and more.

Los Angeles-based interior designer Betsy Burnham is often approached by clients who want help with entryways. Choosing a floor covering is a priority, she says.

Here Burnham and two other experts offer tips on durable, easy-to-clean flooring that doesn't skimp on style, from cork to porcelain tile to washable rugs.

Think replaceable

Burnham and designer Brian Patrick Flynn, founder of decordemon.com, are fans of cork flooring in high-traffic areas.

Cork squares are durable, made from natural wood fibres and can handle moisture. They also absorb sound well and come in a variety of colours and patterns. "Don't just picture a bulletin board" when you think of cork, Burnham says.

Cork offers a look similar to hardwood but is less expensive. And you can replace just one tile if a section gets damaged.

Think removable

Rugs can be a great way to delineate the space at an entryway, and many styles are washable. "I've done everything from rag rugs to Turkish carpets" in entryways, Burnham says.

Rather than investing in one expensive rug, she says, buy several that can be swapped out when one is being cleaned.

Meg Caswell, host of HGTV's Meg's Great Rooms, suggests shopping for carpet remnants. Carpet stores often keep their remnants out of sight, she says, but if you ask they should direct you to them. If you find a remnant piece you want, have it cut to size.

By using a remnant, you've created a custom piece with little expense.

Think durable

Try porcelain tiles for high-traffic entryways. It "looks like stone, but it's much less expensive than actual stone. We've done charcoal-grey, big rectangles of porcelain tile, and it's so much easier to sweep out or mop up because you can get it wet," says Burnham

THE ASSOCIATED PRESS

Think bold

Whatever material you use for your entryway floors, avoid pale neutrals and solids in favour of slightly bolder colours, patterns, and textures that hide dirt and signs of wear.

Bold florals or sunbursts might not be your taste, says Caswell, but entryways are a great place to "be riskier and push yourself, so you can incorporate a little more of your personality. You're making that statement when someone enters your home."

BETSY BURNHAM/THE ASSOCIATED PRESS

▶ A stone tiled entryway can withstand dripping umbrellas and muddy shoes.

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Weekly Cookbook

Fresh, the award-winning Canadian restaurant chain, is known for serving up meatless meals made from all-natural ingredients, full of exotic flavours and energy-boosting nutrients.

In their new book, fresh, founder Ruth Tal and co-owner and head chef, Jennifer Houston, share recipes from their enticing, healthy menu.

Among the eats included are: Quinoa Onion Rings, Kale and Oyster Mushroom Salad, Sunflower Sandwich, Avocado Cashew Banana Smoothie and more.

Eat those veggies

Think that you're getting enough vegetables in your daily diet? A new study suggests otherwise

CELIA MILNE
LIFE@METRONEWS.CA

C'mon guys. Eat your vegetables.

Most of us still don't eat enough fruits and vegetables to fend off major diseases, according to a new study done at Concordia University in Montreal. In particular, men, smokers and those with low incomes are at risk.

The World Health Organization has reported that eating five servings daily of fruit and vegetables helps in preventing diabetes, obesity, stroke and high blood pressure. Canadians, on average, fall just short of that.

"This study emphasizes the importance of eating sufficient fruits and vegetables," says lead author Mesbah Sharaf, a PhD candidate at Concordia. "It helps to identify the groups that need to be targeted for nutrition promotion policies aimed at encouraging fruit and vegetable consumption."

Sharaf and his team used a sample of 93,719 people from the 2007 Canadian Community Health Survey. They used statistical models to find out what lifestyle factors determine fruit and vegetable consumption.

The groups that need to work on healthier nutrition habits are those with a low income, those with low education, males, middle-aged people, singles, smokers, people with weak social interaction and adults who live in households with no children.

Quebec, which has a long history of farming, came out on top for fruit and vegetable consumption, compared to other provinces.

West vs. East

We're supposed to eat our fruits and veggies at least five times a day for best health. But do we? A new Canadian study shows eastern provinces lag behind.

- **Canadian average** 4.95 time a day
- **Quebec** 5.5 times a day
- **British Columbia** 4.9 times a day
- **Alberta, Saskatchewan, Manitoba and Ontario** 4.8 times a day
- **Atlantic provinces** 4.4 times a day

THE CANADIAN PRESS H/O

Muffuletta Condiment

Preparation:

1 Finely chop green and kalamata olives, artichokes, sun-dried tomatoes, onion, capers, garlic and anchovies. Place in a bowl and stir to combine. Add oil, sambal oelek, vinegar, rosemary, parsley, oregano and pepper; stir again. Season with salt and pepper.

THE CANADIAN PRESS/LESLEY STOWE FIND FOODS

Ingredients:

- 175 ml (3/4 cup) green olives stuffed with pimento
- 50 ml (1/4 cup) kalamata olives, pitted
- 50 ml (1/4 cup) artichoke hearts
- 50 ml (1/4 cup) sun-dried tomatoes, softened
- 1/8 red onion
- 15 ml (1 tbsp) capers, drained
- 2 cloves garlic
- 2 anchovy fillets
- 50 ml (1/4 cup) olive oil
- 1 ml (1/4 tsp) sambal oelek
- 5 ml (1 tsp) balsamic vinegar
- 15 ml (1 tbsp) chopped fresh rosemary and parsley
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) freshly ground pepper
- Sea salt and ground pepper, to taste

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JEFF OW OF STU-DI-O

▶ Maintaining your vision when planning a wedding is key, said Genève McNally, principal planner of DreamGroup Productions wedding and event planning.

Your day to remember

STEPHANIE ORFORD
FOR METRO

After many a romantic proposal by the fireside this holiday season, it's time for newly engaged couples to start planning their big day.

But before you jump in, make sure you know what you want, said Genève McNally, principal planner of DreamGroup Productions wedding and event planning in Vancouver. Maintaining your vision for the wedding is key.

Here is how to start planning for the big day:

Determine your priorities
It's easy for couples to get bogged down in expectations, said McNally.

"A lot of couples don't stop to think about what they want," she explained. "They pick up a checklist and they just start going, going, going."

The result is often a wedding that isn't meaningful to the couple.

Start off by determining what elements are important to you. You can choose to ditch the bouquet toss, pare down the guest list, or throw the opulent bash of the century, said McNally, but get your priorities straight before you start in on the details.

Create a budget
Include all the things you want in your wedding and get prospective vendors to give you price estimates. This is the time to reprioritize if things cost more than you can afford. "So many couples end up 30 to 50 per cent over budget," McNally said.

Communicate
Make sure you sit down with your close family and wedding party to discuss expectations, said McNally.

For instance, if your parents are helping finance the event, find out exactly how much they are contributing and how much input they expect to have in the decision-making, she advised. Make sure everyone feels heard and you will avoid some of the conflicts that can rear their ugly heads.

Get on it!
Another way to steer clear of stress is to plan well in advance. "Some couples think, 'I've got a whole year,'" said McNally, but she suggests nailing down key details like booking the marriage officiant, and the reception and ceremony locations as soon as possible — ideally a year ahead. After you have those out of the way you can start going through your list of vendors, she said.

Slow it down
Enjoy the planning and enjoy the day, advised McNally. "Really, what other time in your life are you going to spend that much money on one day?" she said.

Slow it down and make it a leisurely, enjoyable affair and it will be a day to remember.

DIY love song

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Less is more in gowns

The dress is everything, according to Veronica Di Santo-Abramowicz, managing partner for wedding dress atelier Ines Di Santo, based in Toronto.

"If you feel great in it, that's all that matters."

She outlined a few looks to watch out for in the coming year.

Less is more
Wedding dresses in 2012 will be less over-the-top and more understated elegant. "Something more inspired by the royal wedding," said Di Santo-Abramowicz — tailored and regal, but not ostentatious.

Illusion necklines
She explained brides are gravitating toward illusion necklines — strapless dresses that are connected over the shoulders by sheer tulle.

High-quality fabrics
Lace is a timeless component of the wedding dress, said Di Santo-Abramowicz, but other fabrics, like tulle, are making a comeback. An airy Italian silk tulle skirt is perfect for the bride who wants to make a statement but retain a classic silhouette, she said.

The full princess gown
Alternately, some 2012 brides-to-be are choosing ball gowns worthy of Cinderella — voluminous dresses with skirts that jut from the waist or hips.

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Struggling with fickle focus

THE HOCKEY NEWS

EDWARD FRASER
VANCOUVER@METRONEWS.CA

A sublime November and December vaulted Vancouver to the top of the Northwest Division and back among the West's elite. But while those positions have been maintained, The Whale's lack of killer instinct recently is of concern.

The general consensus is Vancouver hasn't been the same club since their Beantown Showdown two Saturday's ago, and that's a fair assessment. On top of losing top-four blue-liner Sami Salo, a game of that ilk can take a mental toll (especially with all the off-ice back and forth that took place in the days after). But even before the win in Boston, cracks were appearing.

Before this week, the Canucks had scored the first goal in 10 straight games (part of their league-leading 24) dating back to a Boxing Day victory over Edmonton. Of those 10, they lost three (one in a shootout) and needed extra time in another three before coming out on top. (The Bruins were Game 7 of that stretch.) For those without a calculator, the team blew leads in 60 percent of those games.

Not even the Blue Jackets do that.

HARRY HOW/GETTY IMAGES FILE

▶ The Canucks have had no problems jumping out to early leads of late, but holding on to win games has been another issue entirely.

The Canucks have too often failed to put away an opponent after going up 1-0, whereas last season1-0 begat 2-0 begat 3-0 and it was game over. The Canucks led the NHL in opening goals (41) and in winning percentage after scoring first (.837) in 2010-11. In fact, the club's three losses after scoring first in the recent span are more than all of last year, when they lost only two.

This year's collection is having trouble putting together a total effort. They were MIA for periods 1 and 2 when they fell to the Ducks on Sunday and were badly outplayed early in Tuesday night's shootout loss to the resurgent Kings. Vancouver gave up three 2-on-1s and a breakaway while being outshot 11-3 before the 12th puck finally snuck behind Roberto Luongo, the only one in blue who appeared ready to start the night.

When the Canucks play as they are capable, they can best anyone in the NHL. If they don't learn do it for a full 60 minutes, though, they'll be nothing but playoff chum.

Raonic moves on to third round Down Under

Milos Raonic reached the third round of the Australian Open for the second straight year as the 23rd-seed Canadian beat Germany's Philipp Petzschner, 6-4, 5-7, 6-2, 7-5, on Thursday.

The 21-year-old from Thornhill, Ont. struggled to close out the win in the same venue where he first began his surge to the ATP top-25.

Raonic was frustrated against the 63rd-ranked Petzschner. As he tried to serve out the victory leading 5-4 in the fourth set, a wide line call drew Raonic's ire. He went on to lose the game.

MARK BAKER/THE ASSOCIATED PRESS

▶ Milos Raonic

But Raonic bounced back to break, 6-5 and fired an ace to save a break point in the 12th game. Raonic fought through to finally close Petzschner after nearly three hours. He moved ahead with 17 aces, 47 winners and 38 unforced errors. Raonic broke his opponent on five of seven occasions. THE CANADIAN PRESS

BASEBALL

Rangers reach deal with Yu

Yu Darvish is coming to the United States to pitch.

Japan's best pitcher and the Texas Rangers agreed before Wednesday's deadline to a $60-million US, six-year contract. In addition to the salary, the Rangers will pay a posting fee of about $51.7 million to the Hokkaido Nippon Ham Fighters of Japan's Pacific League.

The deal came at the end of a 30-day negotiating window that began Dec. 19 when the Rangers' bid to negotiate with the pitcher was accepted. Had a deal not been reached in time, Darvish would have remained with the Fighters and Texas would have kept the posting fee.

When the deal was reached in Texas by his agents Don Nomura and Arn Tellem, the 25-year-old Darvish was home in Japan, where he returned for off-season training.

THE ASSOCIATED PRESS

4 sports

Quoted

"I've ever been around, honestly. And I've been around some locker-rooms and quarterback-receiver situations and what-not. But it was as bad as I've been around."

NEW YORK JETS RUNNING BACK LADAINIAN TOMLINSON. IN AN INTERVIEW WITH SHOWTIME'S INSIDE THE NFL AIRING WEDNESDAY NIGHT, TOMLINSON SAID THE JETS WERE PLAGUED BY LOCKER-ROOM TENSION AS THEY FINISHED 8-8 THIS SEASON AND MISSED THE PLAYOFFS AFTER TWO STRAIGHT TRIPS TO THE AFC CHAMPIONSHIP GAME.

TOMLINSON SAID QUARTERBACK MARK SANCHEZ AND WIDE RECEIVER SANTONIO HOLMES, IN PARTICULAR, HAD A ROCKY RELATIONSHIP.

Leafs-Wings Classic almost done deal

It appears the Maple Leafs will indeed play the Detroit Red Wings in next year's Winter Classic.

A source close to the talks confirmed a deal was just about done, after similar reports in Detroit newspapers.

It's been an open secret since the last Classic, between the Rangers and Flyers, that the NHL wanted the Leafs to play the Wings next time.

Michigan website Mlive.com reported Wednesday that the Wings had come to terms with the University of Michigan to use 110,000 capacity Michigan Stadium for the game.

The NHL would not confirm the reports.

"Winter Classic for next year is still a work in progress," said Bill Daly, the NHL's deputy commissioner. "We will make an announcement when there is something to announce."

"Nothing has been finalized," said Tom Anselmi, chief operating officer of Maple Leaf Sports and Entertainment. "The league is well aware we want to be in the Winter Classic, host a Winter Classic, or both." **TORSTAR NEWS SERVICE**

Sports in pictures

PHOTOS
1. ELSA/GETTY IMAGES FILE
2. DOUG PENSINGER/GETTY IMAGES FILE
3. JEFF GROSS/GETTY IMAGES FILE
4. JONATHAN DANIEL/GETTY IMAGES FILE

1 Tim Tebow is expected to make a full recovery, without surgery, from rib, lung and chest injuries he sustained in the Denver Broncos' AFC division loss to the New England Patriots last weekend. ESPN first reported Wednesday that Tebow got hurt on a third-quarter tackle during Denver's 45-10 loss. **THE ASSOCIATED PRESS**

2 The St. Louis Blues have rewarded goalie Brian Elliott for being named an NHL all-star. The Blues signed the veteran to a two-year contract Wednesday reportedly worth $3.6 million US . **THE ASSOCIATED PRESS**

3 David Beckham is staying in Los Angeles for another two years after signing a new contract with the Galaxy on Wednesday. **THE ASSOCIATED PRESS**

4 Edmonton Oilers coach Tom Renney says Taylor Hall is doubtful for Thursday's game against the St. Louis Blues. Hall sat out Tuesday after cutting his head when he accidentally made contact with a teammate during pre-game warm-ups. **THE CANADIAN PRESS**

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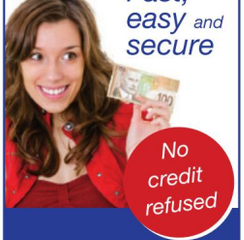

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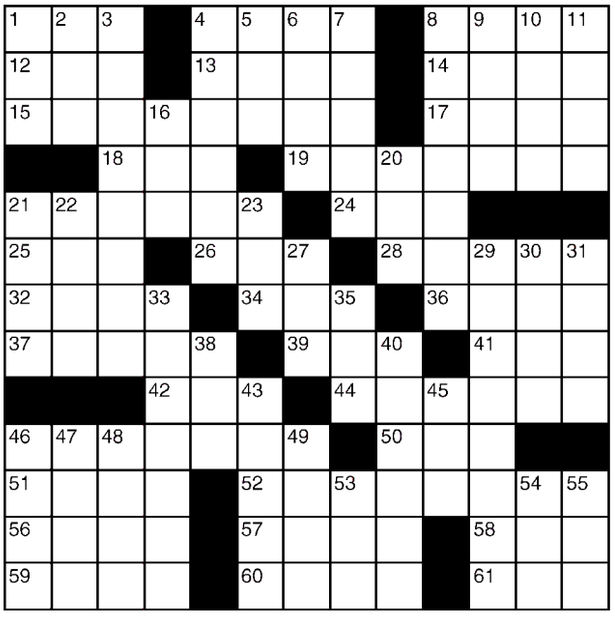
Crossword



Across

1 Vacationing
4 Wasn't colorfast
8 Ohio nine
12 Neither mate
13 Ethereal
14 List-ending abbr.
15 Blackmailer's task
17 — mater
18 Barracks bed
19 Apparent
21 Incalculable
24 Witness
25 Island neckwear
26 Conclusion
28 Door fastener
32 Corner
34 Do sums
36 Salver
37 Cancel
39 "— the season ..."
41 Cleo's slayer
42 Calendar abbr.
44 Type of raincoat
46 Vanquish
50 Director's cry
51 Stead
52 Double-take, e.g.
56 Actress Jessica
57 Barn roof decoration
58 Sphere
59 "Hey, you!"
60 Eastern potentate
61 PBS funding org.

Down

1 Individual
2 "Family Guy" airer
3 Bit
4 Fight
5 Roman 52
6 Cupid's counterpart
7 Units of force
8 Beef, e.g.
9 Needle case
10 "Phooey!"
11 Smeltery refuse
16 Bill's partner
20 Conger or moray
21 Radius neighbor
22 Element no. 10
23 Modern-day evidence
27 Old insecticide
29 Tension caused by pulling
30 Moolah
31 Syringe, for short
33 Fruit used in preserves
35 Brief swim
38 Rawls or Reed
40 World Cup game
43 Gall
45 Eccentric
46 Applaud
47 Rembrandt works
48 Beaks
49 Stationery unit
53 Singer DiFranco
54 Tramcar load
55 Cagers' org.

▶ Yesterday's answer

A	T	M	■	D	U	A	L	■	D	I	A	L	
D	U	E	■	E	R	G	O	■	E	R	I	E	
D	N	A	■	B	L	A	C	K	B	E	L	T	
S	A	L	S	A	■	■	H	E	R	■	■	■	
■	■	■	E	R	L	E	■	G	I	D	D	Y	
B	L	A	C	K	I	C	E	■	S	O	D	A	
A	I	D	■	S	M	O	G	S	■	P	A	L	
B	L	O	W	■	B	L	A	C	K	E	Y	E	
A	T	S	E	A	■	I	D	E	A	■	■	■	
■	■	■	B	U	S	■	■	N	Y	L	O	N	
B	L	A	C	K	H	O	L	E	■	A	G	E	
L	I	M	A	■	O	D	O	R	■	P	R	O	
T	E	A	M	■	E	D	G	Y	■	P	E	N	

Sudoku

		8	7			3		
3	5			9	2			
9			3				1	
7				4				3
		5				6		
6				3				4
	9				1			2
			4	2			7	9
		7			6	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	7	6	5	8	2	9	1	3
8	2	3	1	9	4	7	5	6
5	1	9	7	3	6	8	2	4
2	6	5	8	4	7	1	3	9
1	9	8	3	6	5	4	7	2
3	4	7	2	1	9	6	8	5
7	3	4	9	5	1	2	6	8
9	5	2	6	7	8	3	4	1
6	8	1	4	2	3	5	9	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My handsome Knight
It is not getting easier being separated from you,,,,but I am managing the best I can....You are in my soul forever and ever till the end of tme....and that I promise you. **YOUR LADY**

Mr.Moussy
Dear Mr.Moussy, I know we're not together anymore but there wasn't a single day I went without thinking of you. I truly love you & I am sorry for all the mistakes I made throughout our relationship. I hope you have the heart to forgive me till then I'll wait for you patiently. I don't care how long it takes, I'll still love you the same regardless. Every moment without you,it seems like eternity. Just remember this, you are the only for me<3. **BUNNIEBOO**

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Today
1°/-5°
Partly cloudy
Friday
5°/4°
Rain and snow
80%
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
There is a luck factor working in your favour at the moment, but you still have to work hard.

♉ Taurus April 21-May 21
Start making new career plans today. Get ahead and make sure you stay ahead.

♊ Gemini May 22-June 21
The planets are very much on your side at the moment, so don't be afraid to take a few risks.

♋ Cancer June 22-July 22
Someone may sound sincere but according to the planets, he or she is trying to trick you into believing something that is simply not true.

♌ Leo July 23-Aug.23
Partners may seem more dominant than usual today, but the only power they have over you is the power you give them.

♍ Virgo Aug. 24- Sept. 22
If you want to be on top of your game today, a positive mental attitude is an absolute must.

♎ Libra Sept. 23-Oct. 23
This is potentially a great time of the year for you but you've got to be way more upbeat.

♏ Scorpio Oct. 24-Nov. 22
If you poke your nose where it is not wanted today, you run the risk of losing a friend's support.

♐ Sagittarius Nov. 23-Dec. 21
The Sun soon moves into one of the better areas of your chart and money worries won't a burden.

♑ Capricorn Dec. 22-Jan. 20
If you have been looking to end an association that has become a bit of a burden, now is the time.

♒ Aquarius Jan. 21-Feb. 18
Life's pace is about to pick up on every front, but that's OK because you have been operating well below capacity in recent weeks.

♓ Pisces Feb. 19-March 20
There's danger in deciding to take the easy way out of a dilemma. Don't do it. **SALLY BROMPTON**

Caption contest

PATRICK SEMANSKY/ THE ASSOCIATED PRESS

CHARLIE NEIBERGGALL/ THE AP

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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